and/or inflamed skin with an effective amount of a nucleic acid molecule selected from the group consisting of 5'-ATCTCTCCGCTTCCTTTC-3' (SEQ ID NO:10); 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12); 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13); 5'-UCUCCGCUUCCUUUC-3' (SEQ ID NO:14); 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15); 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16); 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17); 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18); 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19); 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or chemical modification of any one of said nucleic acid molecules, wherein said modification produces a modified nucleic acid molecule having a length and nucleotide sequence which is the same as the nucleic acid molecule prior to modification, and wherein the nucleic acid molecule or modified nucleic acid molecule is capable of reducing the level of IGF-I receptor in said mammal.

46. (Amended) The method according to Claim 45 wherein the mammal is a human.

49. (Amended) The method according to Claim 45 wherein the proliferative or inflammatory skin disorder is psoriasis, eczema, ichthyosis, pityriasis, rubra, pilaris, serborrhoea, keloids, keratosis, neoplasias, scleroderma, warts, benign growths or cancers of the skin.

50. (Amended) The method according to Claim 49 wherein the skin condition is psoriasis.

51. (Amended) The method according to Claim 45 herein the nucleic acid molecule is 5'-ATCTCTCCGCTTCCTTTC-3' (SEQ ID NO:10) or a modification thereof.

52. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12) or a modification thereof.

53. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13) or a modification thereof.

54. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-UCUCCGCUUCCUUUC-3' (SEQ ID NO:14) or a modification thereof.

55. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15) or a modification thereof.

56. (Amended) The method according to Claim 45 herein the nucleic acid molecule is 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16) or a modification thereof.

57. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17) or a modification thereof.

58. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18) or a modification thereof.

59. (Amended) The method according to Claim 45 wherein the nucleic acid molecule is 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19) or a modification thereof.

60. (Amended) [A] The method according to Claim 45 wherein the nucleic acid molecule is 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or a modification thereof.

64. (Twice Amended) A method of ameliorating the effects of psoriasis in a mammal, said method comprising contacting proliferating skin with an effective amount of one or more nucleic acid molecules or selected from the group consisting of 5'-ATCTCTCCGCTTCCTTTC-3' (SEQ

ID NO:10); 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12); 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13); 5'-UCUCCGCUUCCUUUC-3' (SEQ ID NO:14); 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15); 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16); 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17); 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18); 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19); 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or chemical modification of any one of said nucleic acid molecules, wherein said modification produces a modified nucleic acid molecule having a length and nucleotide sequence which is the same as the nucleic acid molecule prior to modification and wherein said nucleic acid molecule or modified nucleic acid molecule is capable of interacting with mRNA transcribed from an IGF-I gene, an IGF-I receptor gene or a gene encoding an IGFBP.

65. (Amended) The method according to Claim 64 wherein the mammal is a human.

66. (Amended) The method according to Claim 64 herein the nucleic acid molecule is 5'-ATCTCTCCGCTTCCTTTC-3' (SEQ ID NO:10) or a modification thereof.

67. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12) or a modification thereof.

68. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13) or a modification thereof.

69. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-UCUCCGCUUCCUUUC-3' (SEQ ID NO:14) or a modification thereof.

70. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15) or a modification thereof.

71. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16) or a modification thereof.

72. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17) or a modification thereof.

73. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18) or a modification thereof.

74. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19) or a modification thereof.

75. (Amended) The method according to Claim 64 wherein the nucleic acid molecule is 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or a modification thereof.

76. (Twice Amended) A composition comprising a nucleic acid molecule selected from the group consisting of 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12); 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13); 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15); 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16); 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17); 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18); 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19); 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or chemical modification of any one of said nucleic acid molecules, wherein said modification produces a modified nucleic acid molecule having a length and nucleotide sequence which is the same as the nucleic acid molecule prior to modification and wherein said nucleic acid molecule or modified nucleic acid molecule, and wherein said nucleic acid molecule or modified nucleic acid molecule is capable of reducing the level of IGF-I receptor in a mammal

said composition further comprising one or more pharmaceutically acceptable carriers and/or diluents.

77. (Amended) The composition according to Claim 76 wherein the mammal is a human.

79. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-UCCGGAGCCAGACUU-3' (SEQ ID NO:12) or a modification thereof.

80. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-CACAGUUGCUGCAAG-3' (SEQ ID NO:13) or a modification thereof.

82. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-AGCCCCCACAGCGAG-3' (SEQ ID NO:15) or a modification thereof.

83. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-GCCUUGGAGAUGAGC-3' (SEQ ID NO:16) or a modification thereof.

84. (Twice Amended) A composition according to Claim 76 wherein the nucleic acid molecule is 5'-UAACAGAGGUCAGCA-3' (SEQ ID NO:17) or a modification thereof.

85. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-CGGCAAGCUACACAG-5' (SEQ ID NO:19) or a modification thereof.

86. (Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-GGCAGGCAGGCACAC-3' (SEQ ID NO:20) or a modification thereof.

87. (Twice Amended) The composition according to Claim 76 wherein the nucleic acid molecule is 5'-GGAUCAGGGACCAGU-3' (SEQ ID NO:18) or a modification thereof.